

SEASONAL PRODUCE



Produce bought in its natural growing season tends to be cheaper, better quality, fresher, and more delicious. Some regional and weather-related variations can occur, but this guide should help you get the most out of your fresh fruits and veggies.

Winter Veggies

- Acorn squash
- Belgian Endive
- Brussels Sprouts
- Buttercup Squash
- Butternut Squash
- Cauliflower
- Collard Greens
- Delicata Squash
- Jicama
- Kale
- Sweet Potatoes
- Turnips

Winter Fruits

- Clementines
- Dates
- Grapefruit
- Kiwi
- Mandarins
- Oranges
- Passion Fruit
- Pears
- Persimmons
- Pineapples
- Pomegranate
- Red Currants
- Tangerines

Spring Veggies

- Artichokes
- Arugula
- Asparagus
- Belgian Endive
- Broccoli
- Butter Lettuce
- Cactus
- Cauliflower
- Chives
- Collard Greens
- Corn
- Fennel
- Green beans
- Mustard Greens
- Pea Pods
- Peas
- Radicchio
- Red Leaf Lettuce
- Rhubarb
- Sorrel
- Spinach
- Spring Greens
- Snow Peas
- Spring Lettuce
- Sugar Snap Peas
- Swiss Chard
- Vidalia Onions
- Watercress

Spring Fruits

- Apricots
- Grapefruit
- Honeydew
- Jackfruit
- Limes
- Mango
- Oranges
- Pineapple
- Strawberries

In Season Year-Round

- Beet Greens
- Bell Peppers
- Bok Choy
- Broccoli
- Cabbage
- Carrots
- Celery
- Celery Root
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Shallots
- Turnips
- Avocados
- Bananas
- Lemons
- Papayas

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Summer Veggies

Arugula
Beets
Bell Peppers
Broccoli
Butter Lettuce
Cherry Tomatoes
Corn
Cucumbers
Edamame
Eggplant
Endive
Garlic
Green Beans
Hot Peppers
Okra
Peas
Potatoes (Yukon Gold)
Radishes
Red Leaf Lettuce
Shallots
Snow Peas
Sugar Snap Peas
Summer Squash
Swiss Chard
Tomatillo
Tomato
Zucchini

Summer Fruits

Apricots
Asian Pear
Black Currants
Blackberries
Blueberries
Boysenberries
Cantaloupe
Cherries
Elderberries
Figs
Grapefruit
Grapes
Honeydew Melons
Jackfruit
Limes
Loganberries
Mulberries
Nectarines
Passion Fruit
Peaches
Plums
Raspberries
Strawberries
Watermelon

Fall Veggies

Acorn Squash
Arugula
Belgian Endive
Broccoli
Brussels Sprouts
Buttercup Squash
Butter Lettuce
Butternut Squash
Cauliflower
Delicata Squash
Endive
Garlic
Ginger
Hot Peppers
Jerusalem Artichoke
Jicama
Kale
Kohlrabi
Mushrooms
Pumpkin
Radicchio
Sweet Potatoes
Swiss Chard
Turnips
Winter Squash

Fall Fruits

Apples
Cactus Pear
Cape Gooseberries
Cranberries
Grapes
Guava
Huckleberries
Kumquats
Passion Fruit
Pear
Persimmons
Pineapple
Pomegranate
Quince